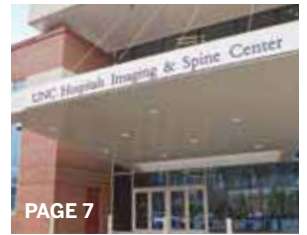




UNC
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well



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PERSPECTIVES

Finding Inspiration and Strength

Thank you for all the feedback you have given us about the premier issue of *Well*. We hope you will continue to send us your comments, as we continue to look for ways to improve the magazine and bring you the most useful health information and UNC Health Care updates as possible.

In this issue, you will find an inspiring story about a UNC Women's



PHOTO: BRIAN STRICKLAND

Jessica Breland (far right) and her teammates visit the N.C. Cancer Hospital to encourage pediatric cancer patients.

Basketball player who was sidelined last year because of a cancer diagnosis. In some ways, it seems that cancer can be the great equalizer. Even athletes who are in top physical condition experience the same weakening side effects of cancer treatment as everyone else. But as you read Jessica's story on page 8, you will see she attributes a great deal of her recovery to an inner strength that we all possess, which has nothing to do with physical strength.

Also in this issue, we attempt to take the taboo out of talking about incontinence.

As you will see on page 5, it is much more common than you may think, and there are ways to correct the problem. There is nothing you can tell your doctor that he or she hasn't heard before. We hope the article inspires you to speak up so you can find out what treatment options are available to you.

On a final note, we apologize that our new Web page wasn't up when the first issue came out. We have been working on a few technical difficulties so that we can bring you even more health resources. Please check back often as we add new features to our website. Visit www.unchealthcare.org and click "Well Magazine."

Kind regards,
Well editorial team
UNC Health Care

Keep the Comments Coming!

Let us know what you think of *Well* magazine. Send your comments or questions to Jennifer Breedlove at publications@unch.unc.edu.

On the Cover: Photo courtesy of Tamara Lackey Photography.

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Information in *Well* comes from a wide range of medical experts and is not intended to treat or diagnose any individual situation. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

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UNC
HEALTH CARE



Avoiding the Flu Requires Vigilance

Don't let the waning months of flu season catch you off guard. You have made it through the first half of flu season, but the illness most commonly peaks in January and February and can occur as late as May. The Centers for Disease Control and Prevention recommends

two important and simple actions for everyone to take throughout flu season.

Get Vaccinated

Call your physician today with questions about the flu or vaccinations. Need to find a doctor? Visit findadoc.unchealthcare.org.



1. If you haven't already, get vaccinated. It's the single best way to prevent seasonal flu. This year's vaccine protects against a number of nasty bugs, including the H1N1 virus.

2. Take everyday preventive actions. Cover your nose and

mouth with a tissue when sneezing or coughing and wash your hands often. Avoid touching your eyes, nose and mouth, as this spreads germs. Also, avoid being around those who are sick, and stay home if you are sick to avoid spreading the illness to others.

An Important Development for Heart Care

In January, Wake Heart & Vascular Associates affiliated with UNC Health Care, a move that will allow both groups to work together on research, innovation and better extending their services across North Carolina.

"We are excited that a large, important private practice in our region wants to affiliate with us to serve the state," says Cam Patterson, MD, MBA, physician-in-chief of the UNC Center for Heart and Vascular Care and chief of the Division of Cardiology at UNC Health Care.

Wake Heart & Vascular will remain present in Wake County and through much of eastern North Carolina, including Goldsboro, Wilson and Rocky Mount.



School of Medicine Expands from UNC to New Campuses

UNC's School of Medicine will add two regional campuses in Asheville and Charlotte, where some third- and fourth-year medical students will be sent to complete their clinical educations. This will allow UNC's medical school class size to increase in the next two years.

The decision comes in response to the projected decline in medical providers over the next decade, which may be as much as 30 percent, according to estimates by the American Association of Medical Colleges.

"In these tough economic times, I am pleased we have come together to maintain our commitment to caring for the people of our state," says William L. Roper, MD, MPH, dean of the UNC School of Medicine and CEO of UNC Health Care.



PHOTO: BLAKE MADDEN PHOTOGRAPHY

Making the announcement of the expanded medical school in Asheville are, from left, Dale Fell, MD; Teck Penland; Ronald A. Paulus, MD; Jeffery Heck, MD; and William L. Roper, MD, MPH.

Hey Doc, How Are My Kidneys?

An estimated 900,000 North Carolinians have chronic kidney disease (CKD) and many more are unaware that they are at risk of developing it. One reason for these numbers is that many don't know the risk factors and the importance of early intervention before symptoms become apparent.

"People need information about diseases for which they might be at risk," says Donna Harward, director of education and outreach at UNC Health Care's Kidney Center. "That's the critical first step."

Prevention and education are two of the primary goals of the Kidney Center's Kidney Education Outreach Program, and in 2007 it launched the mobile outreach unit to promote awareness and to provide free screenings in communities with large numbers of residents at high risk for developing CKD.

The mobile outreach unit is a 39-foot vehicle that is equipped with a fully functional exam room, two restrooms, a laboratory area and a seating area. Harward and her team work with organizations in communities throughout North Carolina to reach people who may not otherwise have the opportunity for free screenings and educational sessions about kidney disease.



PHOTO: BRIAN STRICKLAND

Watch a Video

Discover more about the Kidney Center by visiting www.youtube.com/uncmedicine and searching for "kidney."



Donna Harward stands with the kidney mobile outreach unit.

"Not everyone can come to Chapel Hill," Harward says, "so we travel across the state raising awareness about chronic kidney disease and encouraging North Carolinians to be proactive about their health. The good news is that early

intervention can slow, and in many cases stop, the progression of kidney disease.

"We need to reach folks where they live," Harward continues. "If it were not for the Kidney Center's mobile outreach services, many people with diabetes, heart disease, high blood pressure or a family history of kidney disease might not be aware of CKD until they presented to an ER in renal failure. By targeting high-risk populations where they live, we are making a difference, one community at a time."

Did You KNOW?

11,000+

North Carolina citizens who need kidney replacement therapy, which is dialysis or kidney transplant

9th

North Carolina's national ranking in rate of kidney failure

\$55,000– \$75,000

Annual costs for dialysis for one patient

6%

Patients who are employed full time when they begin dialysis who are still employed full time one year later

\$5 billion

North Carolina's expenses related to chronic kidney disease in 2009.

UNC Health Care Builds for Habitat for Humanity



PHOTO: BRIAN STRICKLAND

Linda Bynum, left, manager of UNC Health Care Cardiac EKG and Cardiac Ultrasound, is one of more than 300 hospital employees who helped build the first Habitat for Humanity home sponsored by UNC Health Care last spring.

Following last year's success, UNC Health Care is sponsoring a second Habitat home, which will also be built for a UNC employee. The home will be a part of Phoenix Place, a subdivision of 50 green-certified homes within the Rogers Road community in Chapel Hill.

Construction will begin this spring as part of the UNC Build a Block project. The goal of this student-led initiative is to build 10 Habitat for Humanity houses for university and UNC Hospitals employees during the 2010–11 academic school year.

You Don't Have to Live with Incontinence

Women who are having difficulty controlling their bowel or bladder functions after delivery of a child need to know help is available.

BY KIKI THOMPSON

WHILE THE BIRTH of a child is a blessing, the physical act of labor can sometimes cause complications for women. During childbirth, 75 percent of all first-time mothers will experience some degree of vaginal, or perineal, tearing. The degree of tearing can range from first-degree to fourth-degree and will vary in the severity of complications.

Women who suffer from third- or fourth-degree tears will experience some level of incontinence. The two types of incontinence are:

1. Urinary. A loss of bladder control, which results in urine leakage.
2. Fecal. A loss of bowel control that can result in the inability to hold in gas.

If you have recently given birth and are now experiencing either type of incontinence, there are professionals who can help.

“Women need to advocate for themselves and not accept living with a condition like incontinence,” says Catherine A. Matthews, MD, board certified in obstetrics and gynecology, associate professor and division director of Urogynecology and Reconstructive Pelvic Surgery at UNC Health Care. “It is never normal or acceptable to be leaking unusual body fluid, and I want women to see that there is no stigma attached to talking to their clinicians about these issues. Incontinence is a very common medical condition. Most importantly, we have painless procedures that can remedy these issues and get you back to the way you were prior to giving birth.” ■

Explore Your Options

If you are suffering from incontinence or painful intercourse after giving birth, ask your primary care physician for a referral to the UNC Perineal Clinic. Learn more at www.UNCurogog.org.



Say Goodbye to Pain

Perineal, or vaginal, tears that occur during childbirth can cause difficulties aside from incontinence. One of the complications that can arise from vaginal tearing is pain during intercourse. This pain can cause an interruption in an otherwise robust sexual relationship. It is important to know that this, too, is treatable.

“Rejuvenation of a healthy sexual life for couples is another benefit of seeking

medical treatment for perineal tearing,” says Catherine A. Matthews, MD, associate professor and division director of Urogynecology and Reconstructive Pelvic Surgery at UNC Health Care. “We can restore completely normal function in women after giving birth and improve their overall quality of life. There is no need to suffer in silence. There is every reason to get back to living well.”

Much More Than Brain Surgery

UNC Health Care has invested in the state-of-the-art technology and specialists to make its neuroscience offerings the best in the region.

BY KIKI THOMPSON



Matthew G. Ewend, MD, department chair of Neurosurgery at UNC Health Care

DISORDERS OF THE CENTRAL nervous system take many forms. Concussions, tumors, strokes and ruptured aneurysms—all of these conditions require specialty care from first-rate clinicians and the latest, cutting-edge technology.

UNC Health Care has both.

“Our commitment to treating the disorders of the brain and spinal cord is firm and ongoing,” says Matthew G. Ewend, MD, department chair of Neurosurgery at UNC Health Care. “Neurosurgery was recently elevated to a department in the School of Medicine and the hospital, reflecting UNC’s belief in the importance of researching and treating neurological conditions. Partnered with Neurology and Neuroscience, we expect to become a leader in the development and advancement of world-class care for brain conditions.”

Emergency Care

Focusing on neurosurgical disease begins with emergency care. According to the American Association of Neurological Surgeons, approximately 1.7 million cases of traumatic brain injuries occur each year in the United States. UNC has opened a dedicated

Neuroscience Intensive Care Unit (NSICU) to provide the best treatment for traumatic brain injuries, along with other emergent brain conditions such as strokes and hemorrhages. The NSICU is a 16-bed facility staffed with two neurointensivists—physicians trained in neurocritical care—and a team of specialized advance practice nurses who are available to care for these critically ill patients around the clock.

In caring for patients with neurologic disease, UNC Neuroscience strives to identify the least-invasive method to provide symptom relief and treat the underlying problem. When medical therapy is not an option, UNC Health Care boasts a host of endoscopic techniques that are considered before more invasive open surgery. These minimally invasive procedures, including brain tumor removal through transnasal (the nostrils) approaches and CyberKnife radiosurgery, require advanced technology and well-trained physician teams. UNC Health Care has built teams of neurosurgeons and ENT surgeons and

teams of neurosurgeons and radiation oncologists to become leaders in these areas.

A Comprehensive Approach

Like other complex medical problems, neurological disorders can fall under many disciplines. To ensure patients no longer have to visit one specialist and provider after another, UNC Health Care has taken a more patient-centered approach to care. (For an in-depth look at how UNC Health Care is taking multidisciplinary care to another level, see “Your One-Stop Shop” about the new Imaging & Spine Center.) The following disciplines work together to treat the myriad neurological conditions and accompanying issues that patients may encounter:

- Adult neurosurgery
- Neuro-oncology—both oncologists and neurologists
- Neuropsychology
- Otolaryngology—head and neck surgery
- Oncology—including chemotherapy treatments
- Pathology—care is provided by highly skilled neuropathologists
- Pediatric neurosurgery
- Physical medicine and rehabilitation
- Radiology
- Radiation oncology—comprised of radiation treatments as well as CyberKnife, a program that continues to grow and provide effective noninvasive tumor care
- Research partners—UNC Neuroscience and UNC Lineberger Comprehensive Cancer Center are home to cutting-edge research on brain tumors. More than a dozen laboratories at UNC Health Care are engaged in brain tumor research, most with a bent toward translation into the clinic
- Chaplain services
- Palliative care—helps patients with pain and disease management

“We live and breathe personalized, multidisciplinary care,” Dr. Ewend says. “Our clinicians do everything as a partnership and are truly aligned in our team approach to care. We regularly meet in small groups to discuss each patient individually and determine the best, most effective course of treatment. With us, it doesn’t matter which type of provider you see first; you will have access to all of our expertise and specialty training—working together to customize medical care for every one of our patients.” ■

Stay in the Know

Keep abreast of developing news surrounding the UNC Imaging & Spine Center and other UNC Health Care advancements. Visit news.unchealthcare.org.



Your One-Stop Shop For All Your Spine Needs

Patients who suffer from back or neck conditions are accustomed to visiting multiple locations—primary care physicians, imaging centers, physical therapists and orthopedic specialists. This and other concerns have been addressed with the UNC Imaging & Spine Center.



PHOTO: BRIAN STRICKLAND

A New Way

Care for back and neck conditions requires a team approach. Specialists are conveniently located in one state-of-the-art facility at the UNC Imaging & Spine Center. The first floor is dedicated to diagnostic imaging—including CT scanners, MRIs, ultrasound machines and digital mammography—



with the second floor offering a wide array of clinical services. “We are uniquely qualified and have the resources to take care of patients with acute and subacute neck and back conditions in a comprehensive manner so they can receive all treatment, diagnostic studies and therapy in one center,” says Michael Y. Lee, MD, MHA, chair of the Department of Physical Medicine and Rehabilitation at UNC Health Care. “At the Imaging & Spine Center, we will be able to identify and treat

patients as early as possible to prevent the formation of chronic conditions.”

It Takes a Team

The specialties of anesthesia, neurosurgery, orthopedics, physical medicine and rehabilitation, and radiology work together to provide complete care to patients at UNC Health Care.

Each discipline is represented in the center, with professionals housed in adjacent offices—making a walk down the hall the only travel required for patients who need to go from seeing a neurologist to attending a physical therapy appointment.

“No other facility can provide such an elevated, comprehensive level of care to help patients,” says David A. Zvara, MD, chair of the Department of Anesthesiology at UNC Health Care. “By bringing multiple specialties together under one roof, we can provide unmatched, all-inclusive care; all of us will be focused on one concern—you.”



Bouncing Back

Jessica Breland beat cancer to play basketball again—and inspire children who have similar illnesses.

Hear from Jessica

To watch Jessica Breland tell her story about fighting cancer, visit www.youtube.com/watch?v=LE8Nmn6FEDs.



I**N MAY 2009, JESSICA BRELAND WAS FOCUSED ON** her communications studies and looking to her junior year as a forward for the UNC Women's Basketball team. Little did she know that her plans would soon be eclipsed by a disease that strikes fear by its mere utterance: cancer.

At 6-foot-3, Jessica is clearly a standout athlete, but there is a quiet gentleness about her that defies her towering stature. She's a great conversationalist—funny, smart and thoughtful in turns, with a brilliant smile and a down-to-earth attitude. It is in the moments of reflection when she recalls first hearing her diagnosis of Hodgkin lymphoma that she shows signs of the inner strength that helped her through her treatment.



The physical strength that she had relied on most of her life, competing in volleyball, basketball, and track and field, would suddenly not be enough, as aggressive chemotherapy took its toll.

Life-Changing Diagnosis

After several bouts of what she thought were minor illnesses that left her feeling constantly just a little under the weather, Jessica went to see a doctor to get to the bottom of what was causing the persistent ailment. After a series of tests, Harold C. Pillsbury III, MD, chair of the Department of Otolaryngology/Head and Neck Surgery, diagnosed the condition as Hodgkin lymphoma. Jessica vividly remembers

Impact Player

Born in Brooklyn, N.Y., Jessica Breland grew up in Kelford, N.C., and was a standout player at Bertie High School. Her three seasons with UNC Women's Basketball have been filled with accomplishments and honors, including a season in which she:

- Led the ACC in blocked shots.
- Ranked in the top 10 in the ACC in five statistical categories.
- Was named to the Wooden Award Midseason Top 20.
- Earned first-team all-tournament accolades after averaging 22.5 points and nine rebounds in two games of the ACC tournament.

PHOTO: JEFFREY A. CAMARATI, UNC ATHLETIC COMMUNICATIONS



the moment she was told it was cancer. It is a moment most cancer patients never forget, as it changes their lives forever.

"I was shocked!" Jessica says. "I knew something was wrong, but I never thought it might be cancer."

She remembers Thomas Shea, MD, offering words of comfort: "If you have to have cancer, this is one of the best ones to have." But she also remembers not feeling very comforted by those words. The next few days were a haze of tests and activity. Her initial tests were on Thursday, and by the following Wednesday she had been tested some more, had two bone marrow biopsies and had started her first round of chemotherapy.

In the roller coaster of emotions that Jessica would experience throughout her treatment, she noted that this was one of her lowest moments. "It hadn't really set in that I had cancer," she says, because it was all happening so quickly. Just a few days before, she thought she had a minor virus that she couldn't shake, and now she was facing the reality of chemotherapy, the fear of losing her hair and the uncertainty of what was ahead.

Deciding to Be Upbeat

Jessica allowed herself a couple of days to adjust to her new reality, but then she made a decision that would be a turning point for her during the rest of her illness.

"I realized I had to pick myself up," Jessica says. "Coach [Charlotte] Smith always talks about fooling your body. She says your body reacts to how you're feeling, so I decided to always smile and be upbeat. Everyone around me thought I went through it really well."

Jessica didn't let those around her know how bad she felt or how difficult it was at times. She credits the support

You Can Support Children Facing Cancer

To learn more about the Jessica Breland Comeback Kids Fund, or to make a gift, visit www.unclineberger.org/comeback.



PHOTO: BRIAN STRICKLAND

Cancer MVP

Today, Jessica's cancer is in remission, and she is enjoying her senior year as a leader on her team, but she is forever changed by her experience with cancer. She doesn't take anything for granted; she is thankful for her health and optimistic about her future.

"I feel like I have a lot of options available to me," she says. "The hard

part is picking the right one."

One opportunity that she is very happy to have is helping children with cancer come back, just like she did. This season Jessica, Hatchell and the entire UNC Women's Basketball family are working with UNC Lineberger Comprehensive Cancer Center to launch the Jessica Breland Comeback Kids Fund.

November's "Rebounds and Rhinestones" gala kicked off the fund and raised \$57,200.

Last year, Jessica and some teammates visited pediatric cancer patients to share her experience and offer encouragement. She hopes to continue working with children.

"To be touched by cancer at such a young age and then to call her illness a blessing and use her story to help others," Hatchell says, "it has been an inspiration to everyone who knows her." ■

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Jessica's Teammates off the Court

Jessica Breland, a forward on the UNC Women's Basketball team, was cared for by a number of UNC Health Care people throughout her treatment for Hodgkin lymphoma. Each person on her care team played an important part in ensuring she had the best care possible. Here are two of the people who helped to bring her cancer into remission.

Harold C. Pillsbury III, MD, FACS

Harold C. Pillsbury III, MD, first diagnosed Jessica's disease before

referring her to the N.C. Cancer Hospital for treatment. He is the chair of the Department of Otolaryngology/Head and Neck Surgery and the executive director of the W. Paul Biggers Carolina Children's Communicative Disorders Program.

Dr. Pillsbury has been at UNC Health Care since 1982 and has earned numerous distinguished honors in his field, both statewide and nationally.

Thomas C. Shea, MD

Jessica's attending oncologist was Thomas Shea, MD,

who is the director of UNC Health Care's Bone Marrow and Stem Cell Transplantation Program. He also was recently named associate director of clinical outreach for the UNC Lineberger Comprehensive Cancer Center.

Dr. Shea came to UNC in 1992 from the University of California, San Diego and is well-known and highly respected among his colleagues throughout the state for his academic and clinical accomplishments and for his role in developing the UNC Bone Marrow Transplant Program.

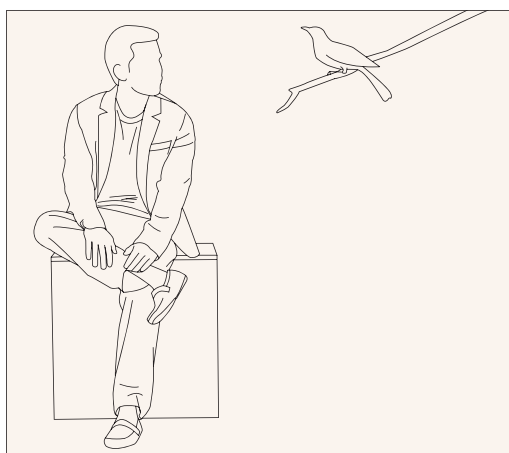


From left: Shelley Earp, MD, director of the UNC Lineberger Comprehensive Cancer Center; Jessica Breland; Harold C. Pillsbury III, MD; Sylvia Hatchell, head coach of UNC Women's Basketball; Stuart Gold, MD, chief of the Division of Pediatric Oncology; and Thomas Shea, MD, director of the UNC Health Care Bone Marrow and Stem Cell Transplantation Program

Living Now

A cancer diagnosis impelled me to focus on what's really important. *By Brian Stabler*

Editor's note: Sometimes, the only one who truly understands what it's like to deal with a serious health problem is the patient himself, and we believe one of the most compelling ways to tell a story is from the patient's perspective. We hope you enjoy this first-person narrative, and we plan to bring more similar stories by patients in the future.



MY EARS POPPED as if I were free falling—fast. It began just after I heard, “You have a lymphoma,” pronounced by my friend, the oncologist. I’m not sure I was thinking much at that moment. I could barely catch my breath, let alone think. Some people remember the moment they were diagnosed as though it happened only yesterday. The memory of such an intensely frightening experience can linger like a dark cloud of smoke over life. But at least you’re still here.

After the smoke of diagnosis clears, most people would certainly agree that the path through cancer treatment is a challenge without equal. The shock eventually subsides, and with it comes the realization that for the first time in your life you can actually sense the end of life. My own such epiphany came in the context of an otherwise pleasant conversation with a neighbor.

A couple of weeks had passed and I was working in the yard, pruning a bush, when in pops

my next-door neighbor, Barb. She asked about my health and we chatted for a few minutes about the weather. Then out of the blue, she blurted, “Have you thought about your mortality?” My face gave me away because she instantly said, “I mean, you know, what about—um.” She trailed off into an embarrassed silence. I looked away for a moment, overcome by my own feeling of dread her innocent question stirred in me. Of course, my answer was “No, no, not yet.”

Finding a Way Back to Life

Studies by psychologists tell us that anxiety about the future is an expected and normal part of coping and recovery. But when cancer comes calling almost daily, everything “normal” gets shaken up. I found that trying to “normalize” your life takes more effort than I at first imagined.

Step one: Make lists of your best qualities, your good deeds, your loving family and friends. Pin the lists in a place you pass by every day or fold them up in your wallet. Make a scrapbook of photographs of happy times. Keep them close and refer to them whenever doubts creep in.

Step two involves a sort of housecleaning. A year or so into treatment, I began contacting distant friends and family with whom I had been out of touch. I gradually realized how many times I felt the need to explain a long-past event or relationship—sometimes painful memories pressed hard on me to reconcile. It was difficult, but I did it, and it began to feel better over time.

Change What You Can; Forget the Rest

Worrying is a guaranteed way to waste precious energy, and it takes a toll on physical health. You can literally worry yourself sick. If you must worry, worry about the big things like what’s for dinner, where shall we go for vacation, or, my favorite, when should I get my next haircut. I’m kidding of course, but the point is, if you spend time worrying about details of what might happen, you forget to do what is happening now. At the end of the day—now is really all that counts. ■



Brian Stabler is adjunct professor of psychiatry at UNC Chapel Hill and a 20-year survivor of non-Hodgkin lymphoma. Treated with autologous bone marrow grafting, high-dose chemotherapy and irradiation, he was one of the first patients to be treated with rituximab. Stabler lives in Chapel Hill with his wife, Laura, and their spaniel, Jagger.

Distinguished Nursing Care

UNC Health Care's Magnet designation reaffirms quality across the board.

BY ABBIE KIEFER
AND MINDY LANCE



UNC Health Care nurses attend to a young patient.

PHOTO: BRIAN STRICKLAND

EVERY health care employee plays a vital role in providing the best patient care, and the nurses at UNC Health Care are no exception. Recently, UNC Hospitals earned the prestigious Magnet designation from the American Nurses Credentialing Center (ANCC), which honors organizations that meet stringent standards of excellence. Currently, only about 6 percent of hospitals in the United States have achieved this designation.

"It is amazing to see what nurses can accomplish with some time and resources," says Chief Nursing Officer Mary Tonges, PhD, RN. "They fully embrace and fulfill our mission of caring for the people of North Carolina."

Earning the distinguished nurse Magnet title is governed by strict criteria and requires years of hard work and planning to collect all of the necessary data in order to apply. The nursing staff at Magnet institutions must demonstrate five key characteristics of excellence, including leadership, a professional work environment and positive patient care outcomes. (See "Five Marks of Excellence.")

To build its Magnet application, UNC Health Care's nursing team documented successes in each of these areas. They also hosted a panel of ANCC evaluators, who visited nearly every nursing unit and interviewed a wide range of people, from doctors and social workers to nutritionists, hospital security staff and community members.

According to Dr. Tonges, becoming a Magnet-designated organization reaffirms that patients and nurses alike want to be at UNC Health Care. "Magnet designation is external validation of the excellence of the nursing care and practice environment at UNC," she says.

The nursing team is honored by the Magnet recognition and by the trust patients put in them every day. Although the

Five Marks of Excellence

Health care organizations that apply for nurse Magnet status must demonstrate five key characteristics, according to the American Nurses Credentialing Center.

- 1 Transformational leadership—guiding teams with vision, influence, knowledge and expertise.
- 2 Structural empowerment—creating an environment in which professional practice flourishes.
- 3 Exemplary professional practice—understanding and fulfilling the nurse's role.
- 4 New knowledge, innovations and improvements—contributing to patient care and the profession.
- 5 Empirical quality results—demonstrating positive clinical, workforce, patient and organizational outcomes.



recognition is an extraordinary source of pride for nurses, they say it belongs to everyone at UNC Health Care.

"Nurses do not work in a vacuum," says Cathy Madigan, RN, associate chief nursing officer and co-chair of the Magnet initiative at UNC Health Care. "Every day, we collaborate with colleagues in every department to provide our patients with outstanding care. So this recognition focuses on nursing, but it honors our entire organization." ■

For Your Heart's Sake, Cut Your Cholesterol

There is a lot of news about cholesterol these days, and with good reason. High cholesterol contributes to heart disease, which kills more Americans than all cancers combined.

Cholesterol is a waxy, fatlike substance that your body produces and uses to make some hormones, vitamin D and bile acids, which help to digest fat. Cholesterol also is used to build healthy cell membranes in the brain, nerves, muscles, skin, liver, intestines and heart. Your body makes enough cholesterol to meet all these needs without getting any in your diet.

Heredity is the main factor determining your cholesterol, and diet is the second largest risk factor for high cholesterol. Foods containing cholesterol, saturated fats or trans-fats all contribute to your total cholesterol levels. Many foods that come from animals are high

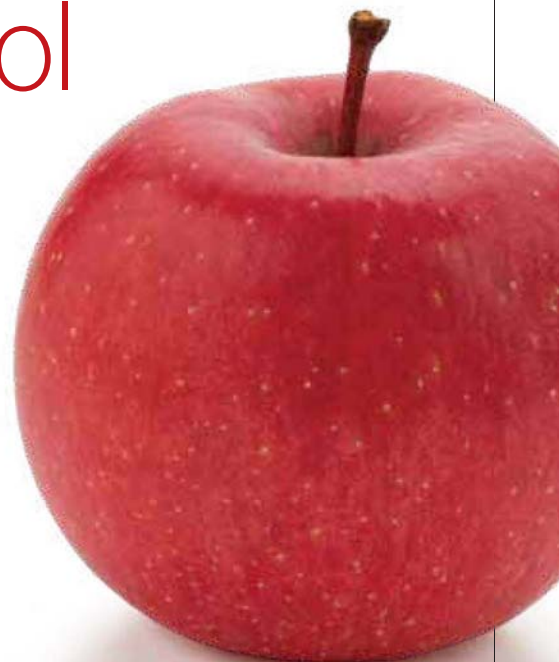
in saturated fat and cholesterol. Some non-animal foods also are high in saturated fat. These include foods made with coconut and palm oils and trans-fats, or hydrogenated vegetable oils such as shortening and margarine.

What Should You Eat?

To eat a heart-healthy diet, you need to cut down on foods high in saturated fats, such as fried foods, red meat, processed meats, including cold cuts and hot dogs, some cheeses and most commercially prepared baked goods. Make sure you check the nutrition labels on the foods you buy.

Fish is a good choice for a healthy diet. You should also eat more vegetables, fruit and whole grains such as oatmeal and barley. They contain fiber, which fills you up.

For more nutrition tips about eating a healthy, low-cholesterol diet, visit the health library at www.unhealthcare.org and click "Health Information."



Healthy Eating Plan

A low-saturated-fat, low-cholesterol eating plan has less than 7 percent of calories from saturated fat and less than 200 milligrams of dietary cholesterol per day.

Apple Spice Cake

This recipe from UNC Health Care Executive Chef Shawn Dolan is a perfect treat for those chilly days. Dolan says it works well as a dessert or with your morning coffee. He also suggests adding pecans or walnuts, or a little brandy (2 tablespoons with the milk) if you like.

Ingredients

2 c. flour
1 tsp. baking powder
1 tsp. salt
1 tsp. cinnamon
1 tsp. nutmeg
1 tsp. cloves
3 eggs, lightly beaten
1½ c. sugar
½ c. nonfat milk
¼ c. butter
¼ c. olive oil
3 c. chopped peeled apples—try Rome or Gala varieties

Directions

1. Preheat oven to 350 degrees, then prepare a



Bundt pan by coating liberally with cooking spray. A regular round cake pan or muffin pan will also work.

2. Mix flour, baking powder, salt and spices in a medium bowl.

3. Mix lightly beaten eggs, sugar, milk, butter and

oil in a large bowl until well-combined. Add in flour mixture in two batches, stirring thoroughly to combine. Then fold in apples.

4. Pour into cake pan and bake at 350 degrees for 50 minutes or until skewer inserted in the middle comes out clean. Cool in the pan and then turn out onto cooling rack and let cool 15 minutes. Serve warm.

Nutritional Information (per serving)

241 calories, 7 g fat, 196 mg sodium, 42 g carbohydrates, 1.5 g fiber

Try It! Then Tell Us



Visit our Facebook page and tell us about your experience making this recipe at home: www.facebook.com/unhealthcare.

CALENDAR

Health events, classes
and support groups
from UNC Health Care

Community Classes

Advanced registration is required for all of the following classes. You may register or view schedules online at www.nchealthywoman.org (click "Childbirth Classes/Tours") or call (919) 843-8463.

Prepared Childbirth

Classes focus on the normal birth process, with emphasis on how mother and partner can work together to have a healthy, positive experience. Call to register at 14 and 24 weeks pregnant. **\$85 per couple**

NEW! Spanish Classes and Tours

Prepared Childbirth, Breastfeeding, CPR and Maternity Tours are offered in Spanish. Registration for Spanish classes and tours can be made online in English at www.nchealthywoman.org or in Spanish by calling (919) 843-1759.

Sign Language for Budding Babies

This two-hour class introduces parents and parents-to-be to the benefits of using American Sign Language with preverbal infants. **\$10 per couple**

Photographing Your Baby

This two-hour seminar prepares parents and parents-to-be for capturing vibrant photos of the new baby. **\$10 per couple**



Prenatal Yoga

The mindful practice of gentle yoga postures can help increase comfort for expectant moms. Mondays for five weeks. **\$50**

Breastfeeding

This 2½-hour class acquaints couples with the basics of breastfeeding. **\$25 per couple**

CPR for Family and Friends

This class teaches CPR techniques for infants, children and adults and provides information on injury prevention. **\$40 per couple**

4th Trimester: Life with a Newborn

This three-hour class helps prepare you for life with a newborn. One Saturday per month. **\$25 per couple**

Boot Camp for New Dads

First-time expectant fathers meet with "veteran" dads who bring their babies to class. One Saturday per month. **\$25 per dad**

Choosing and Using Child Care

Parents learn strategies for finding quality child care for infants, toddlers and school-age children. **FREE**

Baby in the Dog's House

This seminar teaches parents-to-be how to successfully prepare the family dog for the arrival of a new baby. **\$10 per couple**

Maternity Center Tours

Tours of the N.C. Women's Hospital Labor and Delivery and the Maternity Care Center are designed to answer your questions about the hospital and what to expect when you arrive to have your baby. **FREE**

Sibling Tours

Classes are geared toward children 3–8 years old so they can see where mommy is going to have the new baby. One Saturday per month. **FREE**

Wellness Center Classes

To register for Wellness Center classes, stop by the registration desk at the Wellness Center or call (919) 966-5500.

Around the World Chef Series with Aaron Stumb

Join us for a healthy, ethnic cooking demonstration featuring traditional Mexican dishes with a healthy, modern twist. Aaron Stumb has been the executive chef at Mez since it opened in March 2008. **March 9, 6–8 p.m. \$10 for members, \$15 for nonmembers**

Better Hearing Workshops

This four-week series is designed to provide information about hearing loss and hearing aid use, thereby increasing patient satisfaction with their hearing aids. These workshops address many frequently asked questions. **March 11, 18, 25 and April 1, 1–2:30 p.m. \$35 for members and nonmembers**



FREE Hearing Screening

May 5, 9 a.m.–noon

A limited number of free screenings will be offered. Please call for more information or to schedule an appointment. **(919) 493-7980**



Nine Lives Cooking School

Fridays, April 8, 15, 29 and May 6, noon–1:30 p.m.
UNC Wellness Center Classroom and Kitchen
\$40 for members and nonmembers

This four-week breast cancer survivorship workshop will review the science behind current anti-cancer diet recommendations and focus on the shared bond that the breast cancer experience brings to patients, survivors and supporters. We will create a repertoire of healthy meals and gather in the kitchen to cook and connect.

Please register at the Wellness Center front desk. For more program information, call Alice Glover at New Life After Cancer at **(919) 605-5081**, or visit www.newlifeaftercancer.org.



The Essence of Eating Well

Lex Alexander, founder of Wellspring Grocery, believes in eating well and appreciating your food. Alexander will discuss his experiences and insight from his history with the grocery aisles, as well as his view of food and health.

March 23, 6:30–8 p.m.

Safe Sitter

This medically accurate, nationally recognized baby-sitting preparation program is designed for boys and girls ages 11–13. Sitters will learn how to recognize a medical emergency and know the appropriate action to

take. Only open to ages 11–13.
March 31, 9 a.m.–3:30 p.m.
\$45 for members, \$55 for nonmembers

Updates on Technology and Hearing Solutions

Learn about the latest updates in technology to improve and enhance your hearing and communication. A faculty member at UNC Hearing and Communication Center will lead this program. **May 19, 12:30–1:30 p.m. FREE for members and nonmembers**

Comprehensive Cancer Support Program

*These integrative medicine services and classes are held in Chapel Hill at Carolina Pointe II, 6011 Farrington Road, or at the N.C. Cancer Hospital's Patient and Family Resource Center. For more information and to register, call **(919) 966-3494**.*

Yoga

A welcoming class for people who are new to yoga or who want to increase their flexibility, strength and stamina. Whether you are in treatment, a caregiver or a cancer survivor, join us for an exploration of poses and breathing practices for stretching, strengthening and revitalizing the body while bringing calm to the mind and heart. Instructors: Doreen Stein-Seroussi and Lynne Jaffe.
Mondays and Thursdays, 11 a.m.–12:30 p.m.

Massage for Cancer Patients and Family

A professional massage therapist with specialized training works with people confronting cancer. Call to schedule an appointment.

Lymphedema Precautions and Prevention

This class is designed for patients at risk for lymphedema following cancer surgery involving lymph node dissection. **Monthly on the first Wednesday, 1–2 p.m.**

Look Good, Feel Better

Teaches beauty techniques to female cancer patients in active treatment to help them combat the appearance-related



effects of cancer treatment. Registration required. Call Pam Baker at **(919) 843-0680**. **Monthly on the third Monday, 10 a.m.–noon**

Relaxation Room, Spa Pod

A warm, soothing bed that gently loosens tension through a computerized massage bed enhances your ability to deal with stress and tension. Call Pam Baker at **(919) 843-0680**.

Support Groups

Support groups assist patients and family members dealing with a variety of diseases and disorders. For information on where and when the groups meet, call the contact person listed below.

Caregivers of Cancer Patients

Liz Sherwood
(919) 966-3494

Getting Your Bearings

Cornucopia Cancer Support Center
(919) 401-9333

Grief

UNC Hospice Office, Pittsboro
 Ann Ritter
(919) 542-5545

Grief Recovery Group

UNC Hospitals Bereavement Support Services
 Heidi Gessner
(919) 966-0716

Infertility—RESOLVE Support Group

Terry Pell
(919) 631-3697

Sanford Center (cancer)

Enrichment Center, Sanford
(919) 776-0501

Sarcoidosis

(919) 966-2531

Stroke

Stephanie McAdams
(919) 966-9493

Triangle Bladder Cancer Support Group

6011 Farrington Road
 Liz Sherwood
(919) 843-5069

UNC Neurology Sleep Support Group

Jeanette Wedsworth
(919) 966-5500

UNC Nicotine Dependence Program

(919) 843-1521



EXCEPTIONAL ACHIEVEMENT OUTSTANDING TEAM

At UNC Health Care, we have a lot to celebrate. Thanks to a remarkable and dedicated team, we were recently honored with national Magnet® status for excellence in nursing – a recognition only 6% of U.S. hospitals have achieved.

This designation recognizes UNC Health Care for providing a work environment that supports nurses and the entire team in the delivery of exceptional patient care for the people of North Carolina each and every day. UNC Health Care was commended for overall excellence, including our nursing leadership, our Nursing Professional Development, Practice and Research team, and our collaborative nurse-physician partnerships.

Thanks to our entire team for their unprecedented commitment to providing Carolina Care™.



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